



# BEYOND TREATMENT THRIVING IN RECOVERY WORKSHOPS & COACHING

## INTEGRATE RECOVERY -- INTO ALL AREAS OF LIFE

**THRIVING IN RECOVERY** is an interactive workshop that can be delivered online over 6 weeks or in person over the course of one and a half days. It is designed specifically for individuals in early recovery from addiction. Navigating life successfully after rehab requires far more than just avoiding relapse. This webinar offers a comprehensive and holistic approach to **living dynamic, healthy and fulfilling lives -- grounded in recovery.**

**FACILITATED BY FAY ZENOFF**, a nationally respected recovery advocate, consultant and coach. Fay offers a refreshingly accessible approach to strengthening and integrating recovery. She utilizes evidence-based frameworks to provide clients with proven recovery wellness strategies that **cultivate resiliency, eliminate shame, strengthen connections, and support healing and growth.**

### BEYOND TREATMENT: THRIVING IN RECOVERY 6-WEEK WEBINAR or 1.5 DAY WORKSHOP



## CREATE VISION & SET INTENTIONS

**Section 1** Begin with a 90 minute well-being assessment and visioning session focused on redefining recovery wellness, identifying individual goals and cultivating a healthy, balanced and purposeful life in recovery.

**Section 2** Chart a personal plan to wellness; set intentions, identify priorities, goals, and address the barriers to making progress.

We will explore:

- Achieving overall life balance and a sense of well-being
- Sustaining meaningful connections during COVID-19
- Nourishing mind, body and soul - with or without "faith"



TO SCHEDULE A SESSION, REGISTER OR FOR MORE INFORMATION CONTACT

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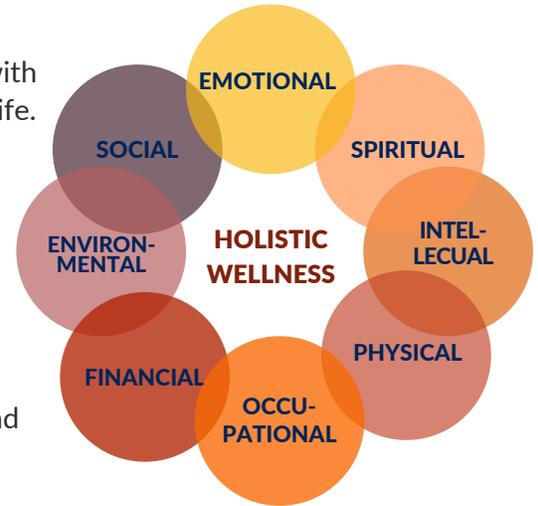
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## DEVELOP STRATEGIES & PRACTICE SKILLS

**Sections 3 & 4** Develop and practice strategies for successfully coping with challenges while savoring life's joys to improve well-being in all areas of life. Share experiences and offer feedback in a psychologically safe & confidential forum.

We will explore:

- Cultivating resiliency to counter negative self-talk and shame
- Maintaining healthy habits such as sleep hygiene, balanced nutrition, and exercise
- Practicing self-care rituals including meditation, journaling, and self-compassion to experience greater happiness



## ENGAGE SUPPORT & EXPAND RESOURCES

**Sections 5 & 6** Grow networks and circles of support at work/school, home and in social settings to integrate recovery and increase opportunities to connect and experience joy and fulfillment.

We will explore:

- Being open about sobriety in social and professional environments
- Engaging with colleagues and friends without using substances
- Navigating first sober experiences such as dating, intimacy, traveling, parties, and more

Supplemental materials are provided between sessions to enhance learning. Recordings of sessions and slides are accessible to participants during the course. Additional workshops and individual coaching sessions are also available for on-going growth and recovery resiliency.

## FEES & COST

Individual Sessions:

**\$200/hour**

(Sliding Scale Available)

6-Week Webinar Cost:

**\$325/per person or**

**\$2500/groups of 20 max.**

1.5 Day Workshop Cost:

**\$3000/group - unlimited participation**

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## ABOUT FAY ZENOFF



**Fay's** work has been the subject of articles and interviews in The New York Times, Bloomberg Business Week, USA Today and NPR, among others. Fay recently served as Executive Director for The National Council on Alcoholism and Other Drug Addictions, a San Francisco-based direct-service and social-impact nonprofit. She is the driving spirit behind the emergence of Open Recovery, a change paradigm designed to eliminate stigma. She earned an MBA from Kellogg at Northwestern University and a BA is from Sarah Lawrence College. Fay entered recovery in 2007.



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## THRIVING IN RECOVERY

### WORKSHOPS & COACHING

#### PERSONAL TESTIMONIALS

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Treatment Center  
Staff Participant  
Program Organizer

*"Fay is one of the best presenters I have ever experienced. She is a natural at program development and workshop facilitation. She delivered an incredibly valuable and insightful series. The subject matter was on point and her presentations were superbly executed. Fay is extremely knowledgeable and articulate. She did an amazing job of engaging our group. I have received countless praise and requests for Fay to come back for more!"*

- Sandra Sims, Alumni Coordinator, **Alta Mira Recovery Programs**, Sausalito CA  
*Thriving in Recovery Webinar July - August 2020*

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Treatment Center  
Alumni/Clients  
Webinar Participants

*"Fay is the real deal. She is knowledgeable, experienced and a great facilitator. Her personal examples and input are invaluable as an adjunct to the prework and in session materials and discussions. Fay is one more example of a higher power intervening in my life and introducing me to someone who makes a real difference."*

- Dan. July - August 2020 Webinar Participant

*"Fay's experiences and knowledge make her a unique partner in my road to succeeding after recovery."*

- John. July - August 2020 Webinar Participant

*"The workshop was a great follow up to my time at Alta Mira. Fay is compassionate, inspirational and wise."*

- Diane. July - August 2020 Webinar Participant

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Addiction Medicine  
Physician  
Conference Organizer

*"Fay Zenoff's talk ... was a highlight of our CSAM 2019 conference. She shed light on the oft-ignored but powerful role stigma plays in our work. Her wealth of experience, humor, and humanism were deeply appreciated by our audience."*

- Tauheed Zaman, **MD, Chair, 2019 CSAM Conference Committee**  
Director, Addiction Consult Opioid Safety, SF VA Medical Center  
Associate Director, UCSF Addiction Psychiatry Fellowship  
Assistant Clinical Professor, UCSF Department of Psychiatry

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Addiction Medicine  
Professionals  
Conference Participants

*"Fay's talk fundamentally changed my attitude about disclosure for myself and those in the helping profession, and big changes are underway, because since = death. Thank you!"* - David Simmons, MD. CSAM Conference 2019 Attendee

*"Yes, yes, yes, yes, yes, yes. This was the most meaningful part of the conference, and has validated what I've always known: stigma kills."* - CSAM 2019 Attendee

*"I'm in recovery and this talk motivated me to think about self disclosure. We can't help our patients until we as physicians can see ourselves as worthy of wellness and acceptance of our own flaws."* - CSAM 2019 Attendee